DOCUMENT RESUME

ED 341 013 CG 023 970

TITLE Elementary Youth: Prevention Resource Guide.
INSTITUTION Alcohol, Drug Abuse, and Mental Health Administration (DHHS/PHS), Rockville, MD. Office for Substance Abuse Prevention.
REPORT NO (ADM)91-1805; MS421
PUB DATE Jun 91
NOTE 25p.
PUB TYPE Guides - General (050) -- Reference Materials - Directories/Catalogs (132)

EDRS PRICE MF01/PC01 Plus Postage.
DESCRIPTORS *Adolescents; Elementary Education; Elementary School Students; *Prevention; *Substance Abuse

ABSTRACT

This prevention resource guide (compiled from a variety of publications and data bases and representing the most currently available information) focuses on elementary youth, and is divided into four sections. The first section contains facts and figures from current research about substance abuse prevention for elementary youth. For example, one out of every three 6th-graders say they feel pressured by their peers to use marijuana, and over half of 6th-graders report peer pressure to drink beer, wine or liquor. The second section contains materials that have been reviewed for scientific accuracy based on the latest available scientific findings, appropriateness for the target audience as described by the developers of the materials, and conformance to public health principles and related policies. The underlying guidelines used for the review of materials are based on the principle of "do no harm." All materials contain a clear non-use message for youth. The third section contains abstracts of government publications journal articles, and other publications dealing with substance abuse prevention for this age group. The fourth section lists names, addresses, and phone numbers for pertinent resources such as the American Council for Drug Education, Hazelden Foundation, National Clearinghouse for Alcohol and Drug Information, and the U.S. Department of Education Alcohol and Drug Abuse Education Program. (LLL)

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Office for Substance Abuse Prevention

PREVENTION RESOURCE GUIDE

ELEMENTARY YOUTH

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June 1991

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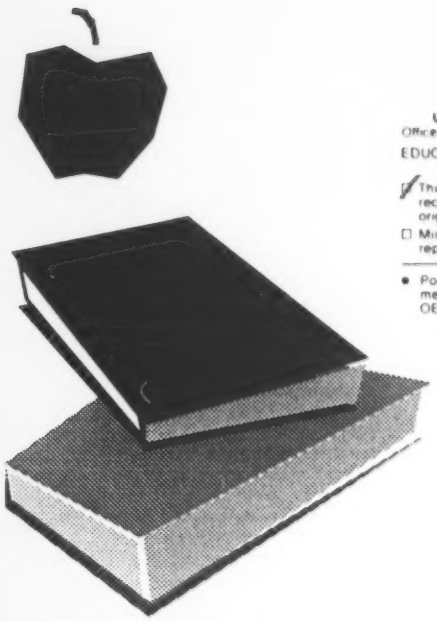

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This OSAP Prevention Resource Guide was compiled from a variety of publications and data bases and represents the most currently available information to date. This Guide will be updated regularly, and your comments or suggestions are welcome. To suggest information or materials that might be included in updated editions, please write to the **National Clearinghouse for Alcohol and Drug Information (NCADI), P.O. Box 2345, Rockville, MD 20852.** *The listing of materials or programs in this Resource Guide does not constitute or imply endorsement by the Office for Substance Abuse Prevention, the Public Health Service, or the Department of Health and Human Services.* The materials have been reviewed for accuracy, appropriateness, and conformance with public health principles.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
Alcohol, Drug Abuse, and Mental Health Administration

MS421

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Produced by the National Clearinghouse for Alcohol and Drug Information, a service of the Office for Substance Abuse Prevention; Dora Beatriz Pinelo, staff writer.

For further information on alcohol and other drugs, call 1-800-SAY-NO-TO (DRUGS) or 1-800-729-6686.

Please feel free to be a "copy cat," and make all the copies you want. You have our permission!

Facts & Figures on Elementary Youth

- ✓ Students say advertisements encourage young people to use cigarettes and alcohol.[1]
- ✓ One out of every three sixth graders say they feel pressured by their peers to use marijuana. Over half of sixth graders report peer pressure to drink beer, wine, or liquor.[2]
- ✓ Children left at home alone for 11 hours or more each week are nearly twice as likely to use alcohol, tobacco, and marijuana as are children under adult supervision.[3]
- ✓ By the fourth grade, 40 percent of students feel pushed by friends to smoke cigarettes. Thirty-four percent feel pressure to drink wine coolers, and 24 percent say their friends encourage them to try cocaine or crack.[4]
- ✓ Nearly all (93 percent) of students in grades four to six know that cocaine or crack is a drug. However, less than half of these students call beer, wine, or liquor a drug, and less than one-fourth of the students know that wine coolers are drugs.[5]
- ✓ Children in the fourth, fifth, and sixth grades say they would be most likely to begin using beer, wine, or liquor to fit in with other kids and to feel older.[6]
- ✓ America's young people are very concerned about drugs. This concern is highest among fifth and sixth graders—61.4 percent.[7]
- ✓ Half of the students in fifth and sixth grades say they have drug education programs in their schools. Among those who do, younger students are twice as positive as older students about the effectiveness of these programs.[8]
- ✓ Grades five through nine are thought to be the most crucial time period for alcohol and other drug prevention education programs.[9]
- ✓ Children in grades two and three learn most of their information about the dangers of alcohol and other drugs from their teachers, parents, and television.[10]

- ✓ Younger students (5th and 6th graders) would turn to parents if they had a personal problem with drugs—older students (11th and 12th graders) would turn to friends.[11]

- ✓ Parents can help prevent their children from using alcohol and other drugs by teaching them the facts about such use and by talking with them about their problems.[12]

- ✓ Almost one out of three boys and one out of five girls classify themselves as drinkers by age 13.[13]

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1. Krier, J., The Scholastic/CNN Newsroom Survey on Students Attitudes About Drug and Substance Abuse, *Scholastic*, February, 1990, p. 3.
2. Borton, T., and Johnson, L., *Weekly Reader National Survey on Drugs and Drinking*, Field Publications, Middletown, CT, Spring 1987, p. 22.
3. Richardson, J.L.; Dwyer, K.; McGuigan, K.; Hansen, W.B.; Dent, C.; Johnson, C.A.; Sussman, S.Y.; Brannon, B.; and Flay, B., Substance Use Among Eighth-Grade Students Who Take Care of Themselves After School, *Pediatrics* 84(3): 564, 1989.
4. Borton and Johnson, op. cit., p. 28.
5. Ibid., p. 25.
6. Ibid., p. 20.
7. Krier, J., op. cit., p. 3.
8. Ibid.
9. DuPont, R., Stopping Alcohol and Other User Before It Starts: The Future of Prevention. *OSAP Prevention Monograph 1*, 1989, p. 5.
10. Borton and Johnson, op. cit., p. 15.
11. Krier, op. cit., p. 3.
12. Borton and Johnson, op. cit., p. 38.
13. Rosenbloom, J., What's the Problem, *Helping Your Students Say No To Alcohol And Other Drugs*, 1980, p. 4.

For further information, write to NCADI, P.O. Box 2345
Rockville, MD 20852

Prevention Materials for Elementary Youth

The materials listed in OSAP's Prevention Resource Guide have been reviewed for scientific accuracy based on the latest available scientific findings; appropriateness for the target audience as described by the developers of the materials; and conformance to public health principles and related policies. The underlying guidelines used for the review of materials are first and foremost based on the principle of do no harm. All materials contain a clear non-use (of nicotine, alcohol, and other drugs) message for youth. The listing of these materials, however, does not imply Government endorsement or approval of the messages or materials.

Tri-Resource Kit

Organization: Wellness Reproductions Incorporated, 23945 Mercantile Road, Beachwood, OH 44122; 216-831-9209

Year: 1989-1990

Format: Game, Book, and Poster

Context: Part of a Program

Topic: Prevention

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth

Setting: Home, School

Readability: Low Literacy

Availability: Payment Required—$85 plus $7 shipping and handling

This program consists of a game, book, and poster. The game, Bridge of Self-Confidence, includes dice, player pieces, a game board, emotions cards, a to z cards, and self-management cards. The game board is an adventure trail of 30 blue, green, yellow, and red spaces. The players advance by responding to the questions or words on the cards they draw. They make self-disclosing statements about their emotions; self-affirming statements beginning with the letter on the chosen card; and answers to self-management questions. The game can be purchased separately for $49.95. The book, *Life Management Skills*, is a collection of handouts to be used by educators, parents, or other facilitators in planning age appropriate activities. The topics include: assertion exercises, goal planning, nutrition, sleep, risk taking, values clarification, self-esteem, self-awareness, time management, role satisfaction, and emotion identification. The book can be purchased separately for $29.95. The poster, Emotions, is a laminated black and white poster of 63 different faces showing various emotions, such as ecstatic, happy, suspicious, and withdrawn. These emotions are written beneath each face. The poster can be purchased separately for $12.50.

To Risk or Not to Risk

Organization: Wellness Reproductions Incorporated, 23945 Mercantile Road, Beachwood, OH 44122; 216-831-9209

Year: 1989
Format: Poster
Size: 36" by 24"
Context: Part of a Packet/Program
Topic: Prevention
Mode of Delivery: Self-Instructional
Target Audience: Elementary Youth
Setting: Home, School
Readability: Low Literacy
Availability: Payment Required—$12.50 plus $2.50 shipping and handling

The top of this black and white poster reads To Risk or Not to Risk??? Below it are reasons why one takes risks and how one benefits or suffers from these risks. Below these reasons are squares that can be filled. Above each square reads I have the opportunity to..., If I risk: I may gain - I may lose - If I don't risk: I may gain - I may lose -. This poster is laminated.

Self-Esteem

Organization: Wellness Reproduction Incorporated, 23945 Merchantile Road, Beachwood, OH 44122; 216-831-9209
Year: 1989
Format: Poster
Size: 36" by 24"
Context: Part of a Packet/Program
Topic: Prevention
Mode of Delivery: Self-Instructional
Target Audience: Elementary Youth
Setting: Home, School
Readability: Low Literacy
Availability: Payment Required—$12.50 plus $2.50 shipping and handling

This laminated and white poster is split in half. The top of the poster says Self Esteem. There are six numbered steps with a person standing at the top, with a smile on his face. Next to the person reads I will climb these necessary steps to greater self-appreciation. The bottom of the poster has a circle buster in the middle of it. This part reads I will recognize these symptoms of the path to self-defeat. Below this is a slide of six steps with a person at the bottom crying help.

Positive Problem Solving

Organization: Wellness Reproductions Incorporated, 23945 Mercantile Road, Beachwood, OH 44122; 216-831-9209
Year: 1989
Format: Poster
Size: 36" by 24"
Context: Part of a Packet/Program
Topic: Prevention
Mode of Delivery: Self-Instructional
Target Audience: Elementary Youth
Setting: Home, School
Availability: Payment Required—$12.50 plus $2.50 shipping and handling

The top of the laminated poster says Positive Problem Solving. Let's Brainstorm. It lists four steps to solving a problem.

Drugs Mean Alcohol Too!

Gillespie, J.

Organization: Hazelden Educational Materials, Pleasant Valley, P.O. Box 176, Center City, MN 55012-0176; 1-800-328-9000
Year: 1989
Format: Brochure
Length: 8 Pages
Context: Stands Alone
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Community Service Groups and Elementary Youth
Setting: Community Organization and School

Availability: Payment Required—$.30, plus $2.50 shipping and handling for orders under $10

This prevention brochure teaches kids that alcohol is a drug just as cocaine is a drug, and that alcohol is very addictive. It explains to young people that a person does not have to drink beer to be popular.

Drug Free Me

Organization: Select Media, Incorporated, Educational Films and Video, 74 Varick Street, Suite 303, New York, NY 10013; Attn: Heather Nancarrow, 212-431-8923
Year: 1990
Format: VHS Video
Length: 15:49 Minutes
Context: Training Component
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Elementary Youth and Kindergarten
Setting: School
Availability: Payment Required—$189 plus $10 shipping and handling

This video stars Tempestt Bledsoe of the Cosby show. It helps children understand the difference between prescription drugs and illegal drugs, who they should accept medicine from, that they can seek help for the problems that they face, and what they can do if they are offered illegal drugs.

One Day at a Time

Hallian, P.K.

Organization: Hazelden Educational Materials, P.O. Box 176, Center City, MN, 55012-0176; 1-800-328-9000
Year: 1989
Format: Book
Length: 24 Pages
Context: Stands Alone
Topic: Prevention
Mode of Delivery: Self-Instructional
Target Audience: Elementary Youth—4-7
Setting: Home
Readability: Low Literacy
Availability: Payment Required—$4.95 plus $2.50 shipping and handling for orders under $10

This book, in rhyming form, shows children how to feel good about themselves, forget past failures, and not worry about tomorrow.

Easy Does It

Hallian, P.K.

Organization: Hazelden Educational Materials, P.O. Box 176, Center City, MN, 55012-0176; 1-800-328-9000
Year: 1990
Format: Book
Length: 23 Pages
Context: Stands Alone
Topic: Prevention
Mode of Delivery: Self-Instructional
Target Audience: Elementary Youth
Setting: Home
Availability: $4.95 plus $2.50 shipping and handling for orders under $10

This book, in rhyme, shows children how to feel good about themselves and take one day at a time. It makes the point that if you are a winner inside, the daily ups and downs won't bother you.

My House Is Different

Digiovanni, K.

Organization: Hazelden Educational Material, P.O. Box 176, Center City, MN 55012-0176; 1-800-328-9000
Year: 1989

Format: Book
Length: 26 Pages
Context: Stands Alone
Topic: Intervention/Treatment and Alcohol
Mode of Delivery: Self-Instructional and Instructor-Led
Target Audience: Elementary Youth and COA's
Setting: Home
Readability: Easy
Availability: Payment Required—$3.50 plus $2.50 shipping and handling for orders under $10

This is a short picture book for young children of alcoholics. It presents in a quiet manner the story of a little boy with an alcoholic father. In a dream sequence (following a meeting with a counselor) the boy recognizes that he is a good person and has no responsibility for his father's drinking.

Drugs and Addiction

Gillespie, J.

Organization: Hazelden Educational Materials, Pleasant Valley Road, P.O. Box 176, Center City, MN 55012-0176; 1-800-328-9000
Year: 1989
Format: Brochure
Length: 8 Pages
Context: Stands Alone
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Community Service Groups, Elementary Youth—5-12, and Jr. High Youth—13-15
Setting: Community Organization
Setting: School
Readability: Easy
Availability: Payment Required—$.30 plus $2.50 shipping and handling for orders under $10

This prevention brochure explains why drugs are harmful and how people become addicted to them.

Drugs and Fitting In

Gillespie, J.

Organization: Hazelden Educational Materials, P.O. Box 176, Center City, MN 55012-0176; 1-800-328-9000
Year: 1989
Format: Brochure
Length: 8 Pages
Context: Stands Alone
Topic: Drugs and Alcohol/Drugs
Mode of Delivery: Self-Instructional
Target Audience: Community Service Groups, Elementary Youth—5-12, and Jr. High Youth—13-15
Setting: Community Organizations and Schools
Readability: Easy
Availability: Payment Required—$.30 plus $2.50 shipping and handling for orders under $10

This prevention brochure's goal is to teach kids that they don't have to use drugs to fit in.

Drugs Mean Nicotine Too !

Gillespie, J.

Organization: Hazelden Educational Materials, P.O. Box 176, Center City, MN 55012-0176; 1-800-328-9000
Year: 1989
Format: Brochure
Length: 8 Pages
Context: Stands Alone
Topic: Drugs—Nicotine, Alcohol/Drugs, and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Community Service Groups, Elementary Youth—5-12, and Jr. High Youth—13-15
Setting: Community Organization, School

Readability: Easy

Availability: Payment Required—$.30 plus $2.50 shipping and handling for orders under $10

This prevention brochure warns kids of the dangers of nicotine on the body. It explains how easily one can become addicted to it.

Drugs and Trouble at Home

Gillespie, J.

Organization: Hazelden Educational Materials, P.O. Box 176 Center City, MN 55012-0176; 1-800-328-9000

Year: 1989

Format: Brochure

Length: 8 Pages

Context: Stands Alone

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth—5-12, High-Risk Youth, and Jr.High Youth—13-15

Setting: Home, School

Readability: Easy

Availability: 30 cents plus $2.50 shipping and handling for orders under $10

This prevention brochure's goal is to teach kids not to turn to drugs when there are troubles at home. It tells children to deal with the problem.

Power of No: The Wizard Returns

Mitchell, J.G.

Organization: Coronet NTZ Film & Video, 108 Wilmot Road, Deerfield, IL, 60015; 1-800-621-2331. In Illinois, Alaska, or Hawaii, 312-940-1260

Year: 1989

Format: Leaders Discussion Guide and VHS Video

Length: 6 Pages, 23 Minutes

Context: Stands Alone

Topic: Alcohol and Prevention

Mode of Delivery: Instructor-Led

Target Audience: Educators, Elementary Youth, and Jr. High Youth, grades 4th-7th

Setting: School Youth Group, Counseling Group

Availability: Video is $425 and 16 mm is $525. Both require $5 for shipping and handling

This video and discussion guide use an imaginary wizard to show an 11-year old girl that she has the power within herself to say no to alcohol and remain true to her dreams, despite pressure from a friend and an alcoholic father.

What Are Drugs

Super, G., and Sims, B.

Organization: Twenty-First Century Books, 38 S. Market Street, Frederick, MD 21701; 301-698-0210

Year: 1990

Format: Book

Length: 48 Pages

Context: Stands Alone

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional and Instructor-Led

Target Audience: Elementary Youth—Ages 5 to 8

Setting: School, Home

Readability: Easy

Availability: Payment Required—$14.95 plus $2.90 shipping and handling

This illustrated, hard bound book is designed to teach children to say no to drugs. It introduces them to various types of drugs. There is a strong healthy body message along with ways to say no and deal with peer pressure.

Drugs and Our World

Super, G., and Sims, B.

Organization: Twenty-First Century Books, 38 S. Market Street, Frederick, MD 21701; 301-698-0210

Year: 1990

Format: Book

Length: 48 Pages

Context: Stands Alone

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional or Instructor-Led

Target Audience: Elementary Youth—Ages 5 to 8

Setting: School, Home

Readability: Easy

Availability: Payment Required—$14.95 plus $2.90 shipping and handling

This illustrated, hard bound book teaches children to say no to drugs. It shows why drugs are harmful, what it is like being in a family with a user, the difference between legal and illegal harmful drugs, and how drugs affect non-users.

You Can Say No to Drugs! Drug-Free Kids Club

Super, G., and Sims, B.

Organization: Twenty-First Century Books, 38 S. Market Street, Frederick, MD 21701; 301-698-0210

Year: 1990

Format: Book

Length: 48 Pages

Context: Stands Alone

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional and Instructor-Led

Target Audience: Elementary Youth Ages—5 to 8

Setting: School, Home

Readability: Easy

Availability: Payment Required—$14.95 plus $2.90 shipping and handling

This is an illustrated, hard bound book aimed at teaching children to say no to drugs. Themes covered include making decisions, health, and peer pressure.

Focus on Nicotine and Caffeine

Perry, R.

Organization: Twenty-First Century Books, 38 S. Market Street, Frederick, MD 21701; 301-698-0210

Year: 1990

Format: Book

Length: 64 Pages

Context: Stands Alone

Topic: Drugs and Prevention

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth—Ages 8-12

Setting: Home, School

Readability: Average

Availability: Payment Required—$14.95 plus $2.90 shipping and handling

This hard bound book discusses the problems of nicotine and caffeine. It gives histories of the use of both chemicals and their effects on the body. It also provides ways to say no.

Focus on Alcohol

O'Neill, C.

Organization: Twenty-First Century Books, 38 S. Market Street, Frederick, MD, 21701; 301-698-0210

Year: 1990

Format: Book

Length: 56 Pages

Context: Stands Alone

Topic: Alcohol and Prevention

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth—Ages 8-12

Setting: School, Home

Readability: Easy

For further information, write to NCADI, P.O. Box 2345 Rockville, MD 20852

Availability: Payment Required—$14.95 plus $2.90 shipping and handling

This book describes the alcohol problem, what alcohol is, and what it does to the body. It also presents a brief overview of the history of alcohol. It gives ways to say no, and contains a glossary.

Be Smart Game

Organization: Office for Substance Abuse Prevention
Year: 1989
Format: Board Game
Context: Stands Alone
Topic: Prevention and Alcohol/Drugs
Mode of Delivery: Self-Instructional or Instructor-Led
Target Audience: Jr. High Youth and Elementary Youth
Setting: School, Home
Readability: Easy
Availability: Free. National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852; 800-729-6686

This is a board game printed on a heavy sheet of paper. It requires dice and a coin for each player. It allows two-four players. Going around the board, players have opportunities to say no to drugs and to discover alternative activities.

Super Heroes Good Health Activity Book

Organization: DuPont Pharmaceuticals; 1-800-341-4004
Year: 1989
Endorser: National Association of Retail Druggists (NARD)
Format: Comic Book
Length: 18 Pages
Context: Stands Alone
Topic: Prescription Drugs
Mode of Delivery: Self-Instructional or Instructor-Led
Target Audience: Elementary Youth-Grades 3 to 5
Setting: Home, School
Readability: Easy
Availability: Free

This material shows Batman, Superman, etc., teaching kids the safe use of medicine, and the importance of only taking medicine from parents or medical people.

If You Want to Fit In, Be Drug Free: Welcome to McGruff's Drug-Free Park

Organization: National Crime Prevention Council, 1700 K Street, NW, 2nd Floor, Washington, DC 20006; 202-466-6272
Publication Date: 1989
Sponsor/Endorser: Bureau of Justice Assistance, Office of Justice Programs, US Dept. of Justice
Format: Poster
Size: 30" by 20"
Context: Stands Alone
Topic: Alcohol/Drugs
Mode of Delivery: Elementary Youth
Setting: School
Evaluated: Focus group tested with youth and survey tested with educators with positive results
Availability: Payment Required—$2.50 includes shipping and handling

This colored poster shows McGruff with children playing basketball, baseball, riding bicycles, and reading—all alcohol- and other drug-free activities.

To Be What You Want To Be: Be Drug Free

Organization: National Crime Prevention Council, 1700 K Street, NW, 2nd Floor, Washington, DC 20006; 202-466-6272

Year: 1989

Sponsor: Bureau of Justice Assistance, Office of Justice Programs, U.S. Dept. of Justice

Format: Poster

Size: 30" by 20"

Context: Stands Alone

Topic: Drugs

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth

Setting: School

Evaluated: Focus group tested with youth and survey tested with educators with positive results

Availability: Payment Required—$2.50 includes shipping and handling

This poster has people from many professions with the slogan to be what you want to be, be drug free. It has room for the child to draw himself into the picture.

McGruff's Drug Abuse Prevention Kit

Organization: The National Crime Prevention Council, 1700 K Street, NW, 2nd Floor, Washington, DC 20006; 202-466-6272

Year: 1989

Sponsor/Endorser: Bureau of Justice Assistance, Office of Justice Programs, US Department of Justice

Format: Classroom Material

Length: 31 Pages of Individual Materials, Video and Audio Cassette

Context: Part of a Packet/Program

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Instructor-Led

Target Audience: Elementary Youth—Ages 6-12

Setting: Community Organization, School

Readability: Easy

Evaluated: This kit was evaluated with positive results

Availability: Payment Required—$30 includes shipping and handling

There are different games, puzzles, a video, and recorded songs for children. Two items are for parents, and they give tips for teaching children how to say no. Materials come as reproducible masters.

McGruff's Drug Abuse Prevention Kit: The No Show

Saatchi & Saatchi Advertising

Organization: The National Crime Prevention Council, 1700 K Street, NW, 2nd Floor, Washington, DC 20006; 202-466-6272

Year: 1989

Sponsor/Endorser: Bureau of Justice Assistance, Office of Justice Programs, US Department of Justice

Format: VHS Video

Length: 22 Minutes

Context: Part of the McGruff's Drug Abuse Prevention Kit. Also Stand Alone

Topic: Drugs and Prevention

Mode of Delivery: Instructor-Led

Target Audience: Elementary Youth

Setting: Community Organization, School

Evaluated: This video was evaluated with positive results

Availability: Payment Required—$12 includes shipping and handling

The video is part of McGruff's Drug Abuse Prevention Kit. All parts of the Kit including the video, are reproducible for nonprofit educational purposes. Animation is used throughout 25 percent of the video. The video kids create a rock video about refusing drugs.

Licensed Products Package

Organization: The National Crime Prevention Council, 1700 K Street, NW, 2nd Floor, Washington, DC 20006; 202-466-6272

Sponsor: Bureau of Justice Assistance, Office of Justice Programs, U.S. Department of Justice

Format: Information Package Featuring McGruff the Crime Dog.

Target Audience: People working with Elementary Youth, including Educators, Law Enforcement Officials, and Community Groups

Availability: Free

The National Crime Prevention Council has many specialty items available to teach elementary youth about prevention. This package includes information on a talking robot, a puppet package, stickers, calendars, and many other items.

Elementary School Materials Package

Organization: The National Crime Prevention Council, 1700 K Street, NW, 2nd Floor, Washington, DC 20006; 202-466-6272

Sponsor: Bureau of Justice Assistance, Office of Justice Programs, U.S. Department of Justice

Format: Materials Package

Topic: Prevention of Alcohol and Other Drug Use

Setting: School or Latchkey Programs

Readability: Easy

Availability: Free

This package contains materials that can be photocopied for students and parents. It was sent to 51,000 elementary schools, and limited quantities are still available from the National Crime Prevention Council.

The Legend of the Sunakorn

Wood, J., and Tucker, M.

Organization: Turner Publishing Co., P.O. Box 3101, Paducah, KY 42002-3101; 502-443-0121

Year: 1989

Format: Book

Length: 38 Pages

Context: Stands Alone and Part of a Packet/Program

Topic: Alcohol/Drugs

Mode of Delivery: Instructor-Led or Self-Instructional

Target Audience: Elementary Youth, Grades K-5

Setting: Home, School

Readability: Fairly Difficult

Availability: Payment Required: $12.95 plus $5 shipping and handling. There is a hard bound teacher's guide available for $22.95, plus $2.50 shipping. If both products are ordered there is a 10 percent ($3.59) discount

This story, intended for delivery by an adult reader, was developed to accompany the Sunakorn Drug Prevention Curriculum available in a teacher's guide. It is designed to stimulate discussion on the topics of drug abuse and peer pressure.

Listen to What I'm Drawing

Moore, W., and Wheeling, D.

Organization: Select Media Inc., 74 Varick Street, Suite 303, New York, NY 10013; 212-431-8923

Year: 1989

Format: VHS Video

Context: Stands Alone

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional and Mass Media

Target Audience: Elementary Youth

Setting: School

Readability: Average

Availability: Payment Required—$189 plus $10 shipping and handling

This animated video features a musician who is lured into alcohol and other drug use. His friends urge him to stop, and reinforce positive prevention messages. This video also includes a 3-minute show called: Fight To Be Straight, in which a boxer fights drugs in the ring and wins.

The Official 'Just Say No' Video Drug Education Kit

Organization: Magic Music Productions, P.O. Box 632941, San Diego, CA 92163; 619-295-7068

Year: 1989

Sponsor/Endorser: JUST SAY NO International

Format: Workbook, 24 Pages; Video, 58 Minutes; Audio Cassette, 28 minutes

Context: Stands Alone and Part of a Program

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Instructor-Led or Parent-Led

Target Audience: Elementary and Junior High Youth Ages—11 to 14

Setting: School, Home

Readability: Average

Availability: Payment Required—$39.95 plus $4 shipping and handling. 24-hour number for Master Card or Visa is 1-800-369-1214. Check or money orders may be mailed to Magic Music Productions.

The kit can be used for one child at home, or for a classroom. The video, Don't Say Yes When You Really Mean No, shows how a 12-year-old girl makes the right decision between two parties - one of which will involve alcohol and other drug use. Uses human and slapstick comedy to keep the attention of youth. The audio tape contains the songs from the video, and the teacher/parent guide contains pointers for discussing alcohol and other drug use.

An Alphabetter Answer

Organization: Select Media, Inc., 74 Varick Street, Suite 303, New York, NY 10013; 212-431-8923

Year: 1989

Format: VHS Video

Length: 32 Minutes

Context: Stands Alone

Topic: Alcohol/Drugs

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth—Grades 4 to 6, and High-Risk Youth

Setting: School

Readability: Easy

Availability: Payment Required—$39.95 plus $10 shipping and handling

This video is about a fifth grade class that creates and performs a play about saying no to alcohol and other drugs. It teaches children to reach out, make positive choices, resist negative peer pressure, and to overcome obstacles without turning to drugs.

Drugs Out - Kids In

Organization: Select Media, Inc., 74 Varick Street, Suite 303, New York, NY 10013; 212-431-8923

Year: 1989

Format: VHS Video

Length: 27 Minutes

Context: Stands Alone

Topic: Alcohol/Drugs

Mode of Delivery: Self-Instructional

Target Audience: Educators, Parents

Setting: Community Organizations, School

Readability: Easy

Availability: Payment Required—$79.95 plus $10 shipping and handling

This documentary presents a model in Dallas of a drug and alcohol use prevention program for elementary children.

We Steer Clear of Alcohol and Other Drugs!

Organization: Wisconsin Clearinghouse, University of Wisconsin-Madison, P.O. Box 1468, Madison, WI 53701; 608-263-2797
Year: 1989
Size: 10 3/4" by 16 1/2"
Format: Poster
Context: Stands Alone
Topic: Alcohol/Drugs
Mode of Delivery: Self-Instructional
Target Audience: Elementary Youth
Setting: School, Home
Readability: Easy
Availability: Payment Required—$2 plus $1 shipping and handling

This is a poster of children riding bikes, using skateboards, and roller skating as alternative activities to alcohol and other drug use. The caption reads, We Steer Clear of Alcohol and Other Drugs. That's the Only Healthy Choice for Kids.

Mac's Choice Workbook and Storybook

Wert, D.L.

Organization: Rocky River Publishers, P.O. Box 1679, Shepherdstown, WV 25443; 304-876-2711
Year: 1989
Format: Classroom Material
Length: Workbook, 36 Pages; Storybook, 40 Pages
Context: Used Together or Storybook Can Stand Alone
Topic: Prevention
Mode of Delivery: Instructor-Led
Target Audience: Elementary Youth—Ages 6-12
Setting: Home or School
Readability: Easy
Evaluated: Tested in classroom with positive results
Current Scope: International
Availability: Payment Required—Workbook, $7.95; Storybook, $3.50; shipping and handling, $2.50

Mac is a caterpillar who ends up in a marijuana patch, and suffers from the results. The workbook contains educational activities and role playing to help children take a firm stance against drugs.

Drugs/Alcohol: Play It Straight

Goodwin, A., and Geier, J.

Organization: Goodwin Geier, Inc.
Year: 1987
Format: Board Game
Topic: Alcohol/Drugs
Target Audience: Elementary Youth
Setting: Home
Availability: Contact Dr. Goodwin; P.O. Box 1971, Tuscaloosa, AL 35403; 205-556-3703

Drugs/Alcohol: Play It Straight is a competitive board game that begins with fun but doesn't stop there: Drug prevention is built into the play. Packed with hard-hitting, accurate information and thought-provoking situations for kids, Play It Straight offers an imaginative approach to drug and alcohol prevention. In addition to home use, it is ideal for schools, mental health and chemical dependency programs.

Studies, Articles, & Reports on Elementary Youth

Government Publications and Journal Articles

Drug and Alcohol Attitudes and Usage Among Elementary and Secondary Students

Fournet, G.P.; Estes, R.E.; Martin, G.L.; Robertson, E.D.; and McCrary, J.S.

Journal of Alcohol and Drug Education 35(3):81-92, 1990.

Elementary and secondary school students (N=2,290) from four rural school districts responded to a questionnaire measuring incidence and attitudes towards alcohol and other drug use. The subjects' responses indicate that social learning theory is a viable theory for explaining drug involvement in the young. The data suggest that intervention with drug and alcohol education programs should begin prior to the onset of adolescence. 9 Ref.

Baby Bottles and Family Rattles: Children and Substance Abuse

Johnson, N.P.; Stands, B.O.; and Eames, M.

Journal of the South Carolina Medical Association 86(1):32-37, 1990.

Issues in preventing alcohol and drug use by adolescents are discussed. Topics include primary prevention; secondary prevention; referral; combined use of alcohol and other drugs; stages of drug use; adolescents' use of crack, marijuana, beer, wine, liquor, and tobacco; and peer leadership in intervention programs. 8 Ref.

Area Specific Self-Esteem Scales and Substance Use Among Elementary and Middle School Children

Young, M.; Werch, C.E.; and Bakema, D.

Journal of School Health 59(6):251-254, 1989.

The relationship between self-esteem and the use of legal and illegal drugs was studied in a group of students in grades four through nine. The study group included 2,032 students who completed an anonymous questionnaire. The study results indicated a significant relationship between home self-esteem and school self-esteem and measures of use and expected use of chemical substances, from coffee, cigarettes, and alcohol through illegal drugs. However, peer self-esteem did not appear to bear any relationship to any of the measures. It is concluded that specific self-esteem enhancement is a potentially important part of comprehensive drug and alcohol prevention programs. In addition, parents and teachers may play an important role in prevention strategies by

promoting self-esteem both at home and at school.
29 Ref.

Differential Effectiveness of an Elementary School-Based Alcohol Misuse Prevention Program

Dielman, T.E.; Shope, J.T.; Leech, S.L.; and Butchart, A.T.

Journal of School Health 59(6):255-263, 1989.
(Reprints available from the publisher.)

An elementary school social skills/peer pressure resistance curriculum for the prevention of alcohol misuse was developed, implemented, and evaluated. Schools were randomly assigned to curriculum and control groups, with half of each group pretested prior to intervention and all students posttested two months, 14 months, and 26 months following intervention. Students in grade five at the beginning of the study were randomly assigned to treatment, treatment plus booster, and control conditions. Students in grade six were randomly assigned to treatment and control conditions. Three way repeated measures analyses of covariance (treatment condition by type of prior drinking experience by occasion) were conducted for each grade level on indices of frequency/quantity of alcohol use and total alcohol misuse. Results indicated the intervention was effective in reducing the rate of increase of alcohol use and misuse among grade six students who entered the study with prior unsupervised as well as supervised alcohol use. After corrections for intraclass correlations on the dependent variables, the significant finding regarding the alcohol misuse variable was maintained. 32 Ref.

Prenatal, Perinatal, and Early Childhood Risk Factors and Drug Involvement in Adolescence

Brook, J.S.; Nomura, C.; and Cohen, P.

Genetic, Social, and General Psychology Monographs 115(2):223-241, 1989.
(Reprints available from Judith Brook, Mount Sinai School of Medicine, Box 1230, One Gustave L. Levy Place, New York, NY 10029-6574.)

Prenatal, perinatal, and early childhood risk factors of adolescent involvement in cigarettes, alcohol, marijuana, and other illicit drugs were studied. The study group included 638 mother-child pairs studied over 10 years: T1, when the children were 1-10 years of age; T2, when they were 9-18; and T3, when they were 11-20. The study results revealed that unwanted pregnancies and major illness were linked to all drug categories except other illicit drugs. Mother-adolescent protective factors were able to mitigate the impact of early risk factors for adolescent drug usage. It is concluded that children may be vulnerable due to early trauma, but the vulnerabilities can be overcome by the constant nurturance of caretakers. 68 Ref.

Behavior Therapy with Children and Adolescents: A Twenty-Year Overview

Werry, J.S., and Wollersheim, J.P.

Journal of the American Academy of Child and Adolescent Psychiatry 28(1):1-18, 1989.

For further information, write to NCADI, P.O. Box 2345
Rockville, MD 20852

(Reprints available from Professor John S. Werry, School of Medicine, University of Auckland, Auckland, New Zealand.)

Behavior therapy with children and adolescents is reviewed, with an emphasis on the last twenty years. Headings within this article are: (1) overview and principles, including historical review, definitions, theoretical considerations, and techniques of behavior therapy; and (2) application to specific Diagnostic and Statistical Manual of Mental Disorders (DSM-III-R) disorders, including developmental and speech disorders, disruptive (externalizing disorders), anxiety disorders and problems, eating disorders and obesity, tic disorders, elimination disorders, speech disorders, and other disorders-stereotype/habit disorders, organic disorders, schizophrenia, mood disorders, psychoactive substance disorders (including tobacco and alcohol), somata form and dissociative disorders, sleep disorders, and psychological factors affecting physical conditions. 169 Ref.

Smokeless Tobacco Use Among Native American Schoolchildren

Bruerd, B.

Public Health Reports 105(2):196-201, 1990.

(Reprints available from Ms. Bonnie Bruerd, 1095 Kathy Way South, Salem, OR 97306.)

Seven published and two unpublished surveys of Native American school children's use of smokeless tobacco (ST) are reviewed. The surveys represent school children in the States of South Dakota, Montana, Nebraska, Washington, Arizona, New Mexico, and Alaska. This review describes and discusses the survey methods, prevalence, duration, and intensity of ST use, and ST health effects documented in these studies. Prevalence of regular ST use ranges from 18 percent in kindergartners through 6th graders to 55.9 percent among 9th and 10th graders. In two studies that surveyed kindergartners, regular use was reported at 13 percent in one study and 21 percent in the other. Comparisons to use by non-Native Americans, as reported in surveys, demonstrate the severity of the problem in Native American communities. There appear to be three significant findings related to Native American ST use: (1) young age of onset of ST use, (2) similar prevalence of use among adolescent boys and girls, and (3) higher overall prevalence of ST use when compared to non-Native American populations. Acceptance of the habit, peer pressure, and addiction seem to be contributing to the high ST use in Native American communities. 16 Ref.

Communicating About Alcohol and Other Drugs: Strategies for Reaching Populations at Risk: OSAP Prevention Monograph No. 5

Rockville, MD: Office for Substance Abuse Prevention, 1990.

(Reprints available from the National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852.)

Prevention of alcohol and other drug problems among high-risk children and youth requires early, persistent communications programs. This monograph is designed to provide a foundation for such programs. It defines specific audiences; it summarizes what has been learned to date

about the characteristics, knowledge, attitudes, and practices of these audiences; it discusses channels, sources, materials, and messages; and it offers ideas for reaching these groups. Five specific program audiences are discussed: youth from high-risk environments and their families; African American children; Hispanic/Latino youth; parents; and primary care physicians.

Other Publications

Weekly Reader National Survey on Drugs and Drinking

Borton, T., and Johnson, L. (Eds.)

Report, Field Publications, Middletown CT, Spring 1987.

(Reprints available from Field Publications, 245 Long Hill Road, Middletown, CT, 06457.)

Results are presented of a 1987 survey of children and youth on their attitudes about drugs and drinking. The survey, conducted by *Weekly Reader* periodicals, is a readership survey, not a random one. The survey was conducted during the week of January 19-23, 1987. More than 20,000 teachers, representing more than 500,000 students, responded to the survey. A sample of 5,450 teacher summary forms was randomly selected for processing. Each teacher form represents roughly 25 students, for a total sample of 136,000 students. For students in grades four to six, school was the primary source of information about the dangers of drugs and drinking in 1987, up significantly from 1983. As a consequence of the increased role of school, television and movies dropped as the primary source of information about dangers, as did family. The overwhelming percentage of fourth to sixth-graders continued to believe that marijuana is a drug. An increased percentage (37 percent in 1987 compared to 20 percent in 1983) believed cigarettes are drugs. The percentage who believed beer, wine, or liquor are drugs also increased. In 1987, fit in with other kids continued to be the primary reason for using beer, wine, liquor, and marijuana, as it was in 1983. From 1983 to 1987 there was a drop in the perceived peer pressure to try marijuana in grades four to six.

Alcoholism: Impact on the Hispanic Child. Report No. 5

Singer, M.

Report, Hispanic Health Council, Hartford, CT, 1989.

(Reprints available from Hispanic Health Council, 98 Cedar Street 3A, Hartford, CT 06106.)

The impact of parental alcoholism on Hispanic children is discussed in this review of the literature, with a focus on the nature of the Hispanic family, the prevalence of Hispanic alcohol use and abuse, the consequences of family alcoholism on the children, and family factors that appear to protect children from the effects of parental alcohol consumption. Headings within this article include: (1) the Hispanic family, (2) Hispanic alcohol use and abuse, (3) children of alcoholic parents, and (4) protective patterns. It is concluded that high rates of alcohol abuse have been reported in Hispanic populations. In some families, the family interaction and family rituals may protect some children from the damaging effects of parental alcohol abuse. 35 Ref.

Exposure to Passive Cigarette Smoking and Child Development: Critical Review

Rush, D., and Callahan, K.R.

In *Annals of the New York Academy of Sciences*, Volume 562, 74-100. New York: New York Academy of Sciences, 1989.

Past studies relating smoking during pregnancy (and afterwards) and later child development are critically reviewed. There are consistent deficits among offspring of smokers in stature, cognitive development, and educational achievement, as well as more frequent problems of temperament, adjustment, and behavior, particularly abnormally high levels of activity and inattention. The meaning of these relationships remains obscure, since it cannot be assumed that these abnormalities of child development are caused by parental cigarette smoking. In most studies there has been relatively little attention paid to the potential confounding by social, demographic, and psychological differences between smokers and nonsmokers. It is thus essential to carefully balance the comparative impact of social and environmental influences that may be different between families of smokers and nonsmokers, versus the toxic effects of tobacco. 39 Ref.

Early Childhood Factors Foretelling Adolescent Drug Use

Block, J.; Block, J.H.; and Keyes, S.

Brown University Digest of Addiction Theory and Application 8(3):2-3, 1989.

One hundred five adolescents were initially recruited into a study at age 3 and were assessed on wide-ranging batteries of personality and cognitive measures at ages 3, 4, 5, 7, 11, and 14. At age 14, an extensive individual interview was conducted; it included such topics as schoolwork, family dynamics, peer relations, current activities, future aspirations, and drug use. Among both boys and girls, personality characteristics that persist over time and lead to later involvement with drugs could be identified as early as 3-4 years. No important differences were observed between the path to later marijuana or hard drug usage. Correlations between family variables and drug use are discussed. 6 Ref.

Groups, Organizations, & Programs on Elementary Youth

ACTION
1160 Vermont Avenue, NW
Washington, DC 20525
202-634-9757

Al-Anon Family Groups
World Service Office
P.O. Box 862, Midtown Station
New York, NY 10018-0862
212-302-7240 or 800-356-9996

Alcoholics Anonymous (AA)
P.O. Box 459
Grand Central Station
New York, NY 10163
212-686-1100

American Council for Drug Education
204 Monroe Street
Rockville, MD 20850
301-294-0600

American Federation of Teachers
555 New Jersey Avenue, NW
Washington, DC 20001
202-879-4400

Boy Scouts of America
Drug Abuse Task Force S200
1325 Walnut Hill Lane
P.O. Box 152079
Irving, TX 75015-2079
214-580-2000

Chemical People Project, WQED-TV
4302 Fifth Avenue
Pittsburgh, PA 15213
412-391-0900

David M. Winfield Foundation
Turn It Around Campaign
2050 Center Avenue
Ft. Lee, NJ 07024
201-461-5535

Drug Enforcement Administration
U.S. Department of Justice
1405 Eye Street, NW
Washington, DC 20537
202-786-4096

Entertainment Industries Council, Inc.
1760 Reston Avenue
Reston, VA 22090
703-481-1414

Families In Action
3845 N. Druid Hills Road, Suite 300
Decatur, GA 30033
404-326-5799

Hazelden Foundation
Pleasant Valley Road
P.O. Box 176
Center City, MN 55012
800-328-9000

Just Say No International
1777 N. California Boulevard
Suite 210
Walnut Creek, CA 94596
800-258-2766

Juvenile Justice Clearinghouse
P.O. Box 6000
Rockville, MD 20850
301-251-5307 or 800-638-8736

Mothers Against Drunk Driving (MADD)
669 Airport Freeway
Hurst, TX 76053
817-268-6233

Narcotics Anonymous (NA)
P.O. Box 9999
Van Nuys, CA 91409
818-780-3951

National Asian Pacific American Families Against Substance Abuse, Inc.
2678 17th Avenue
San Francisco, CA 94116
415-753-2094

National Association for Children of Alcoholics
31586 South Coast Highway, Suite B
South Laguna, CA 92677
714-499-3889

National Association for Native American Children of Alcoholics
c/o Seattle Indian Health Board
P.O. Box 3364
Seattle, WA 98114
206-324-9360

National Black Alcoholism Council, Inc.
1629 K Street, NW
Suite 802
Washington, DC 20006
202-296-2696

National Black Child Development Institute
1463 Rhode Island Avenue, NW
Washington, DC 20005
202-387-1281

National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
301-468-2600
1-800-729-6686

National Coalition for Hispanic Health and Human Services Organizations (COSSMHO)
1030 15th Street, NW
Suite 1035
Washington, DC 20005
202-371-2100

National Congress of Parents and Teachers (National PTA)
700 North Rush Street
Chicago, IL 60611-2571
312-787-0977

National Council on Alcoholism and Drug Dependence, Inc.
12 West 21st Street
New York, NY 10010
212-206-6770

National Crime Prevention Council
Substance Abuse Prevention Programs
1700 K Street, NW
2nd Floor
Washington, DC 20006
202-466-6272

National Education Association
1201 16th Street, NW
Washington, DC 20036
202-833-4000

National Federation of Parents for Drug-Free Youth, Communication Center
1423 Jefferson Street
Springfield, MO 65802
417-836-3709

National Youth Sports Coaches Association
2611 Old Okeechobee Road
West Palm Beach, FL 33409
407-684-1141

Nar-Anon World Service Office
P.O. Box 2562
Palos Verdes, CA 90274
213-547-5800

PRIDE
50 Hurt Plaza
Suite 210
Atlanta, GA 30303
404-577-4500

U.S. Department of Education,
Alcohol and Drug Abuse Education Program
Drug Abuse Prevention
Oversight Staff
Office of the Secretary
400 Maryland Avenue, SW
Room 4145, MS 6411
Washington, DC 20202
202-401-3030

DHHS Publication No. (ADM) 91-1805
Printed 1991